



NUTRITION PROGRAM

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County Nutrition Action Plan (C-NAP) Initial Planning Session Meeting Notes February 15, 2007 10:00 a.m. to 12:00 p.m.

10:00 a.m. Welcome and Overview

- *What is SNAP and C-NAP?*

Jeanne Silberstein, MPH, RD provided a Power Point background and overview of the State Nutrition Action Plan for California. Also touched on background of obesity crisis and spectrum of prevention. Melodee Lopez, RD provided an update on 5 a Day campaign name changes – Federal in March to “Fruit and Veggies, More Matters” and State in April to “Champions for Change”

Handouts – California SNAP overview

- California Obesity Prevention Plan
- Spectrum of Prevention
- Food Stamp Office Resource Kit Fact Sheet
- State Nutrition, Physical Activity and Food Security Related
2007 –2008 Assembly and Senate Bills - 2/2/07
- San Bernardino DPH Nutrition Program Overview

10:15 a.m. USDA & Community Nutrition Programs Information Exchange

- *What is new in your program regarding fruit and vegetable promotion and /or consumption?*
- *What is the current situation regarding your program caseload issues (Increasing participation/recruitment/sustaining caseload)*
- *Other hot topic in your program and/or important upcoming event*

Food Stamps/TAD

- Judy Varela, June Hutchison, Kelli Booth, Steve Couchot
 - Overall needs to increase outreach leading to increased participation
 - New pilot online application process – “C-IV Yourself” will be in English and Spanish
 - Would like help promoting new process

WIC/DPH

- Betsy Cline, MPH, RD
 - Changes in WIC Food Package to include fresh, frozen, canned fruit & vegetables, whole grains, soy milk, and to decrease juice and whole milk (offer 2% and lower)
 - Changes are planned to begin in 2008
 - Providing nutrition education classes by internet and in clinic-based kiosks
 - Suggested possibly providing “C-IV Yourself” in clinics

Expanded Food & Nutrition Education Program (EFNEP)

- Clara Wilshire
 - Challenges include motivating participants to attend eight weeks and finding facilities to commit to provide space for eight weeks
 - EFNEP is now incorporating exercise in each lesson, which are now increased from six to eight lessons
 - Providing Nutrition Education Home Study materials for geographically isolated participants
 - Worked with Head Start to train parents

Child Care Food Programs (KidsNCare – SB County Superintendent of Schools)

- Karen Kiernan
 - Challenges include communicating information to providers
 - Oversees 880 Licensed Day Care Programs
 - Trains providers on nutrition and physical activity, providers attend 1 training annually

Second Harvest Food Bank

- John Gardner – Second Harvest
 - Food banks receive packaged foods and USDA commodities, would like to change and offer more fruits and vegetables
 - Changes to Farm Bill may result in increases to specialty crop supports, possibly increasing supply of fruits and vegetables as commodities
 - Challenges are perishability of fresh produce and lack of storage space, current warehouse is at maximum capacity

Senior Nutrition/DAAS

- Daniel Munoz, Jane Adams
 - Serve 38 C-1 sites (congregate meal sites)
 - Also provide C-2 program meals (homebound delivered)
 - Population is all adults age 60 plus, no means test Registered Dietitians provide 4 lessons per year per site
 - Attempting to incorporate more fruit and vegetables into meals
 - Want to increase participation
 - Proposed Changes in the Farm Bill may add eligibility and means testing for the Senior Farmers' Market Nutrition Program
 - 60 years of age; Income does not exceed more than 185% of poverty or \$18,130/individual;
 - Resident of the Planning and Service area (PSA)
 - eligibility would be self reported with a signature, no other documentation required
 - There will be no added means testing for the Senior Nutrition Program (Congregate & Home Delivered).

Head Start/PSD

- Heba Peters, MPH, RD
 - Provides meals at 40 sites to 4500 children/year
 - Provides nutrition education to teachers, parents and students in West End of county, partnered with UCCE EFNEP, CHDP and DPH
 - Need to provide more nutrition education to high and low desert areas

School Breakfast/School Lunch/School Districts

- Sharon Flores, Nutrition Services Director, Rialto Unified School District
 - Fully SB-12 and SB-965 compliant
 - "Outlawed" candy, junk food as fundraisers

- Application process—scanned, renewal is partially pre-printed simplifying process for parents
- Salad bars at all elementary schools, starting to implement in Middle and High Schools
- Universal Breakfast in classroom pilot in 2 schools – less tardiness, increased attendance, decreased nurse visits
- Challenges include funding and old facilities
- Ann Aguilar, RD Yucaipa-Calimesa Joint Unified School District
 - Participates in direct certification for Food Stamp recipients – automatically eligible for free school meals
 - Participating in Fresh Start pilot providing extra fruit/veg at breakfast
 - Provides monthly newsletters "Nutrition Nuggets" from Resources for Educators (Aspen Publishers) to elementary schools in English and Spanish. Copies are sent home with students and posted in classrooms.
 - Salad bars at all schools K-12
 - Working toward SB-12, SB-965 compliance
 - Would like to increase breakfast participation
- Maria Davila, RD San Bernardino City School District
 - Salad bars in many schools
 - Removed cheese and use Non-fat salad dressings
 - Working toward SB-12, SB-965 compliance
 - Providing some nutrition education through Harvest of the Month program at a pilot elementary (Davidson)
 - Challenges include difficulty with parents completing applications, partly due to language barriers

Weights & Measures/Agriculture

- John Gardner
 - Wants to see increased licensing of Certified Farmers' Markets in more communities

Public Health Nursing

- Judy Cohen
 - Preventive Health Care for the Aging
 - Ages 50 and over
 - Provide health assessments including 24 hour diet recall
 - Barriers include seniors having enough money for food, transportation issues
- JoAnn Ansell
 - Works with homeless children and families
 - PANDA (Periodic Assistance for the Newborn with Drug or Alcohol exposure) program
 - Families referred to the PANDA program must have a substance exposed infant zero to 12 months of age in the home. The target population income level is Medi-Cal, or Medi-Cal eligible families.

California Nutrition Network/DPH

- Jeanne Silberstein, Melodee Lopez
 - Outreach through targeted 5 a Day programs: Children's, African-American, Latino
 - Lead Agency for Desert Sierra Health Network
 - Handout on programs provided in packet

11:20 a.m. Discussion of a Coordinated Countywide Effort

- *Is there a need for us to work together?*
 - Yes
- *How can we coordinate, support partnership, collaboratively work across Program Lines?*
 - Attendees agreed that communication between programs would be of benefit. All agreed to share contact information with members of C-NAP group
- *Is there a common concern among our Programs?*
 - Concerns/issues mentioned:
 - Supporting/encouraging breakfast consumption in all programs
 - Application process
 - Possibly share information about other nutrition assistance programs for which applicant may be eligible on our programs' applications
 - TAD "C-IV Yourself" program may be able to add information about other nutrition assistance programs
 - Increase participation in nutrition assistance programs
 - Increase/promote fruit and vegetable consumption
 - Advocate for health/nutrition questions to be included on state standardized tests for schools
 - Increased funding for existing and new programs
- *Others who should be at this table?*
 - Veterans Affairs
 - School District Health Curriculum Coordinators
 - Youth EFNEP
 - United Way – 211
 - Share information with staff members assigned to health issues for County Board of Supervisors

11:50 a.m. Establish meeting logistics

- Next meeting Thursday, April 26, 2007 10:00 a.m. to 12:00 p.m.
TAD Admin (Thanks to Judy Varela for arranging!)
150 S. Lena Rd. (room A/B)
San Bernardino, CA 92415
- Focus will be on the application process. Members will provide sample applications and share their processes.